



North Idaho Medical Reserve Corps

April 2007

Volume 3, Issue 2

FEMA Trainings Essential for MRC Volunteers

The Medical Reserve Corps of North Idaho is excited to be able to offer to all volunteers both NIMS and ICS 100 training. NIMS (National Incident Management System) provides a consistent nationwide template to enable all government, private-sector, and nongovernmental organizations to work together during domestic incidents. ICS 100 (Incident Command System) provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of ICS. It also explains the relationship between ICS and the NIMS. Both of these trainings are offered through FEMA and are designed for those persons involved with emergency planning, response, or recovery efforts.

Training is the cornerstone of being truly prepared for any disaster, which is why we would like to strongly encourage all of our members to become certified in these interesting areas. Both courses are offered online and can be taken at your convenience. Please use the addresses listed below to find out more about the courses and enroll online and please don't forget to fax a copy of your certificate to the MRC office at 208-415-5181.

NIMS address: <http://www.training.fema.gov/emiWeb/IS/is700.asp>

ICS 100 address: <http://www.training.fema.gov/EMIWEB/is/is100.asp>

See pg. 2 for the updated 2007 MRC Training Calendar!

A Note from the Unit Coordinator

MRC Volunteer Verification

Have I heard from you yet? If not, please take a moment to send me an email, call me, or drop a note in the mail. I am in the process of touching base with all 1365+ volunteers that make up the Medical Reserve Corps of North Idaho. Information I need to know includes any updates to your address and/or phone number(s), any trainings, certifications, areas of interest or special circumstances that you would like noted in the database and most importantly.....do you still want to be listed as a volunteer with the Medical Reserve Corps of North Idaho!?!?

Panhandle Health District and all of North Idaho value you and your time and we thank you for your willingness to respond in the event of a Public Health Emergency. In order to continue our growth and increase our chances of successful response in a time of need, it is crucial that our database reflect accurate information and that we will be able to contact you when necessary. Please remember that your personal information is strictly confidential and will never be shared with anyone.

I look forward to hearing from you!

Jessica Aguirre ~ 208-415-5185 ~ jaguirre@phd1.idaho.gov

No matter how big and powerful government gets, and the many services it provides, it can never take the place of volunteers.

--Ronald Reagan

MRC Messenger!



The MRC of North Idaho is proud to introduce the MRC Messenger! This is the new broadcast email that has been created to make communication with our volunteers faster and more efficient. Some of the information that we will send via the MRC Messenger! will include volunteer opportunities, training updates/reminders and, if you request it, your quarterly newsletter. If we currently have your email address on file, you will automatically be added to the distribution list, but if you're not sure that we have your email address and would like to be a recipient of the MRC Messenger!, please contact Jessica Aguirre at 208-415-5185 or jaguirre@phd1.idaho.gov. Please be sure to specify if you would like to receive your newsletter electronically with the MRC Messenger!

In This Issue...

Training Calendar.....pg. 2

Bird Flu.....pg. 3

Volunteer Thanks.....pg. 4

CodeRED Test.....pg. 4

Medical Reserve Corps

2007 Training Schedule

Psychological First-Aid — The purpose of this course is to prepare all volunteers to provide basic care, comfort and support to people who are experiencing disaster-related anxiety and stress. It also focuses on the stress of the volunteer and how to recognize and deal with your own stress. The instructor for this class will be Lyle O'Neel, a mental health professional and National Red Cross volunteer. *Sponsored by the American Red Cross of Greater Idaho.*

April

04/26

Pandemic Flu: Are You Prepared?

@ Hayden
PHD Office - 8500 N. Atlas Road
7:00 - 8:00 p.m.

04/28

Psychological First-Aid

@ Harding Family Center
411 N. 15th St., CDA
9:00 - 1:00 p.m.

May

05/22

Pandemic Flu: Are You Prepared?

@ Kellogg
Shoshone Medical Center
7:00 - 8:00 p.m.

June

06/12

Orientation

@ Coeur d'Alene High School
N. 5530 4th Street
6:00 - 8:00 p.m.

06/14

Pandemic Flu: Are You Prepared?

@ St. Maries
Federal Bldg - 7th St.
7:00 - 8:00 p.m.

July

07/12

Personal Protective Gear

@ Hayden
PHD Office - 8500 N. Atlas Road
8:30 - 11:30 a.m.

07/17

Pandemic Flu: Are You Prepared?

@ Sandpoint
PHD Office - 322 Marion
7:00 - 8:00 p.m.

07/26

Orientation

@ Priest River
Lamanna High School
6:00 - 8:00 p.m.

August

08/14

Orientation

@ Sandpoint High School
410 S. Division
6:00 - 8:00 p.m.

08/16

Pandemic Flu: Are You Prepared?

@ Bonners Ferry
Boundary County Middle School
7:00 - 8:00 p.m.

September

09/13

Orientation

@ Kellogg
Kellogg Middle School
6:00 - 8:00 p.m.

October

10/11

Orientation

@ Plummer
Benewah Wellness Center
6:00 - 8:00 p.m.

November

11/15

Orientation

@ Post Falls
Post Falls High School
6:00 - 8:00 p.m.

Pandemic Flu: Are You Prepared?

Your MRC and the American Red Cross of Greater Idaho have joined forces to bring Pandemic Flu preparedness to all of North Idaho. This is a new presentation and is open to the public. You don't want to miss it!

To register for any of the offered trainings, or for more information, please contact

**Jessica Aguirre at
208-415-5185 or
jaguirre@phd1.idaho.gov**

Knowledge is Power

It is the goal of the MRC to ensure that volunteers and members of the community are as prepared as possible in the event of an emergency. To aid in this, we will be dedicating a section of each newsletter to providing further education about a possible public health threat...

Bird Flu: H5N1 Virus

Avian Influenza A (H5N1)

Influenza A (H5N1) virus – also called “H5N1 virus” – is an influenza A virus subtype that occurs mainly in birds, is highly contagious among birds, and can be deadly to them. H5N1 virus does not usually infect people, but infections with these viruses have occurred in humans. Most of these cases resulted from people having direct or close contact with H5N1-infected poultry or H5N1-contaminated surfaces.

Human health risks during the H5N1 outbreak

One of the few avian influenza viruses that have crossed the species barrier to infect humans, H5N1 has caused the largest number of detected cases of severe disease and death in humans. However, it is possible that those cases have occurred previously in the most severely ill people and are more likely to be diagnosed and reported while milder cases go unreported. For the most current information about avian influenza and cumulative case numbers, visit the World Health Organization (WHO) website at <http://www.who.int>.

Of the human cases associated with the ongoing H5N1 outbreaks in poultry and wild birds in Asia and parts of Europe, the Near East and Africa, more than half of those people reported infected with the virus have

died. Most cases have occurred in previously healthy children and young adults and have resulted from direct or close contact with H5N1-infected poultry or H5N1-contaminated surfaces. In general, H5N1 remains a very rare disease in people. The H5N1 virus does not infect humans easily, and if a person is infected, it is very difficult for the virus to spread to another person.

While there has been some human-to-human spread of H5N1, it has been limited, inefficient and unsustainable. For example, in 2004 in Thailand, probable human-to-human spread in a family resulting from prolonged and very close contact between an ill child and her mother was reported. Most recently, in June 2006, WHO reported evidence of human-to-human spread in Indonesia. In this situation, 8 people in one family were infected. The first family member is thought to have become ill through contact with infected poultry. This person then infected six family members. One of the six people (a child) then infected another family member (his father). No further spread outside of the exposed family was documented or suspected.

Nonetheless, because all influenza viruses have the ability to change, scientists are concerned that H5N1 virus one day could be able to infect humans and spread easily from one person to another. Because these viruses do not commonly infect humans, there is little or no immune protection against them in the human population. If H5N1 virus were to gain the capacity to spread easily from person to person, an influenza pandemic (worldwide outbreak of disease) could begin. For more information about influenza pandemics, visit <http://www.PandemicFlu.gov>.



No one can predict when a pandemic might occur. However, experts from around the world are watching the H5N1 situation in Asia and Europe very closely and are preparing for the possibility that the virus may begin to spread more easily and widely from person to person.

Treatment and vaccination for H5N1 virus in humans

The H5N1 virus that caused human illness and death in Asia is resistant to amantadine and rimantadine, two antiviral medications commonly used for influenza. Two other antiviral medications, oseltamavir and zanamavir, would probably work to treat influenza caused by H5N1 virus, but additional studies still need to be done to demonstrate their effectiveness.

There currently is no commercially available vaccine to protect humans against H5N1 virus that is being seen in Asia and Europe. However, vaccine development efforts are taking place. Research studies to test a vaccine to protect humans against H5N1 virus began in April 2005, and a series of clinical trials is under way. For more information about H5N1 vaccine development process, visit the National Institute of Health website at <http://www.nih.gov>.

Content source: Center for Disease Control website. For more information, visit: <http://www.cdc.gov/flu/avian/gen->





Thank You!

To the following volunteers that donated their time in the last quarter.....

⇒ Bea Fisher ⇒ Glenna Fox ⇒ Linda Garrett ⇒ Terry LaLiberte
⇒ Bette Inseth ⇒ Ione Mullins ⇒ Linda Scheideler ⇒ Virginia Smith
⇒ Douglas Hudson ⇒ Irene Ihly ⇒ Phyllis Hansen

- CodeRED Test on May 10 at 9:00am -

This a reminder that we will be conducting a test of the CodeRED System on May 10th. The test call will ring to your home and/or cell phone at 9:00am and will state a brief message that will be similar to *"This is a test of the State of Idaho Automated Warning System and requires no action....."* In the case of a real emergency, you would be given instructions on what to do. Please remember that this is only a test and if you have any questions or concerns, please call the MRC office at 208-415-5185.



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